



OFFICIAL STUDY GUIDE 2001 EDITION



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COLLEGE-LEVEL EXAMINATION PROGRAM

Introductory Psychology

Description of the Examination

The Subject Examination in Introductory Psychology covers material that is usually taught in a one-semester undergraduate course in introductory psychology. It stresses basic facts, concepts, and generally accepted principles. Among the topics included on the exam are learning and cognition, behavior, personality, abnormal behavior, perception, motivation and emotion, and developmental and social psychology.

The exam is 90 minutes long and contains approximately 100 multiple-choice questions to be answered in two separately timed 45-minute sections.

Knowledge and Skills Required

Questions on the exam require candidates to demonstrate one or more of the following abilities.

- Knowledge of terminology, principles, and theory
- Comprehension, evaluation, and analysis of problem situations
- Application of knowledge to new situations

The Introductory Psychology exam requires knowledge of the following areas of psychology.

▼	<i>Approximate Percent of Examination</i>
8-9%	History, approaches, methods History of psychology Approaches: biological, behavioral, cognitive, humanistic, psychodynamic Research methods: experimental, clinical, correlational Ethics in research

	<div> <div>➡</div> <div><i>Approximate Percent of Examination</i></div> </div>
8-9%	Biological bases of behavior <ul style="list-style-type: none"> Neuroanatomy Functional organization of the nervous system Endocrine system Physiological techniques Genetics
7-8%	Sensation and perception <ul style="list-style-type: none"> Receptor processes: vision, audition Sensory mechanisms: thresholds, adaptation Other senses: kinesthetic, olfactory, gustatory Perceptual development Perceptual processes Attention
5-6%	States of consciousness <ul style="list-style-type: none"> Sleep and dreaming Hypnosis and meditation Psychoactive drug effects
10-11%	Learning <ul style="list-style-type: none"> Biological bases Classical conditioning Operant conditioning Cognitive processes in learning
8-9%	Cognition <ul style="list-style-type: none"> Cognitive development Memory Language Thinking and problem solving Intelligence and creativity

➡	<i>Approximate Percent of Examination</i>
7-8%	Motivation and emotion Biological bases Theories of motivation Theories of emotion Hunger, thirst, sex, pain Social motivation
8-9%	Developmental psychology Theories of development Dimensions of development: physical, cognitive, social, moral Research methods: longitudinal, cross-sectional Heredity-environment issues Gender identity and sex roles
7-8%	Personality Personality theories and approaches Assessment techniques Research methods: idiographic, nomothetic Self-concept, self-esteem Growth and adjustment
8-9%	Abnormal psychology Theories of psychopathology Anxiety disorders Affective disorders Dissociative disorders Somatoform disorders Personality disorders Psychoses


Approximate Percent of Examination

- 7-8% Treatment of psychological disorders
- Insight therapies: psychodynamic/humanistic approaches
 - Behavioral therapies
 - Cognitive therapies
 - Biological therapies
 - Community and preventative approaches
- 7-8% Social psychology
- Group dynamics
 - Attribution processes
 - Interpersonal perception
 - Conformity, compliance, obedience
 - Attitudes and attitude change
 - Aggression/Antisocial behavior
- 3-4% Statistics, tests, and measurement
- Samples, populations, norms
 - Reliability and validity
 - Descriptive statistics
 - Inferential statistics
 - Types of tests
 - Theories of intelligence
 - Mental retardation

Sample Questions

The 35 questions that follow are similar to questions on the Introductory Psychology exam, but they do not appear on the actual exam. CLEP exams are designed so that average students completing a course in the subject can usually answer about half the questions correctly.

Before attempting to answer the sample questions, read all the information about the Introductory Psychology exam given above. Additional suggestions for preparing for CLEP exams are provided in Chapter 1.

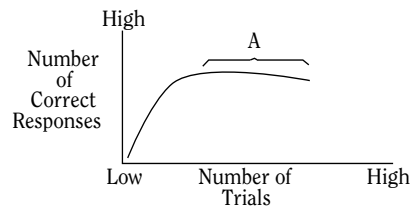
Try to answer correctly as many questions as possible. Then compare your answers with the correct answers, given at the end of this examination guide.

Directions: Each of the questions or incomplete statements below is followed by five suggested answers or completions. Select the one that is best in each case.

1. A psychologist tests the hypothesis that students from small families are more competitive in their concern about grades than are students from large families. In this study, which of the following are the independent and the dependent variables, respectively?
(A) Course grades . . . competitiveness
(B) Course grades . . . family size
(C) Competitiveness . . . family size
(D) Competitiveness . . . course grades
(E) Family size . . . competitiveness (A) (B) (C) (D) (E)
2. One theory of the effects of arousal holds that efficiency of behavior can be described as an inverted U-shaped function of increasing arousal. Which of the following accurately describes this relationship?
(A) Greater arousal leads to better performance.
(B) Greater arousal leads to poorer performance.
(C) Low and high levels of arousal lead to poorest performance.
(D) Overarousal leads to performance efficiency.
(E) Underarousal leads to performance efficiency. (A) (B) (C) (D) (E)
3. The total number of chromosomes found in a human cell is
(A) 16
(B) 20
(C) 46
(D) 86
(E) 102 (A) (B) (C) (D) (E)
4. Shortly after learning to associate the word “dog” with certain four-legged furry animals, young children will frequently misidentify a cow or a horse as a dog. This phenomenon is best viewed as an example of
(A) differentiation (B) negative transfer
(C) imprinting (D) stimulus generalization
(E) linear perspective (A) (B) (C) (D) (E)

5. In adults, total sensory deprivation for long periods of time produces
- (A) a feeling of well-being similar to that achieved through meditation
 - (B) no change in emotions or cognition, provided the subject was mentally stable before the deprivation
 - (C) increased efficiency in the senses of sight, hearing, and touch
 - (D) profound apathy and a subjective sensation of powerlessness
 - (E) hallucinations and impaired efficiency in all areas of intellectual functioning

(A) (B) (C) (D) (E)



6. The portion of the performance curve above marked A represents
- (A) extinction
 - (B) a plateau
 - (C) spontaneous recovery
 - (D) a serial position effect
 - (E) response generalization

(A) (B) (C) (D) (E)

7. In which of the following areas does psychological research show most clearly that girls develop earlier than boys?
- (A) Independence from parents
 - (B) Athletic competence
 - (C) Intellectual achievement
 - (D) Physical growth spurt
 - (E) Self-actualization

(A) (B) (C) (D) (E)

8. Research on the effectiveness of psychotherapy has indicated that
- (A) psychotherapists differ among themselves as to the most appropriate method of intervention
 - (B) nondirective techniques are generally superior to directive ones
 - (C) the effectiveness of a method depends on the length of time a therapist was trained in the method
 - (D) psychoanalysis is the most effective technique for eliminating behavior disorders
 - (E) psychoanalysis is the most effective technique for curing anxiety disorders
- (A) (B) (C) (D) (E)
9. If on the last day of a psychology class, a student is asked to remember what was done in class each day during the term, she will likely be able to remember best the activities of the first and last class meetings. This situation is an example of
- (A) retroactive inhibition
 - (B) positive transfer
 - (C) the serial position effect
 - (D) interference
 - (E) short-term memory
- (A) (B) (C) (D) (E)
10. When insulted by a friend, Sally's first impulse was to strike him. Instead, she yelled loudly and kicked a door several times. This means of reducing aggressive impulses exemplifies which of the following?
- (A) Repression
 - (B) Abreaction
 - (C) Displacement
 - (D) Cathexis
 - (E) Sublimation
- (A) (B) (C) (D) (E)
11. Which of the following parts of the brain is primarily responsible for relaying incoming sensory information to the cerebral cortex?
- (A) Cerebellum
 - (B) Thalamus
 - (C) Medulla
 - (D) Hypothalamus
 - (E) Reticular activating system
- (A) (B) (C) (D) (E)

12. A school psychologist informs a ninth-grade teacher that Jimmy “identifies” with his twelfth-grade brother. What the psychologist means is that Jimmy tends to
- (A) feel inferior to his brother
 - (B) envy and to be jealous of his brother
 - (C) influence the way his brother views the world
 - (D) recognize similarities between his brother and himself
 - (E) accept his brother’s values and to imitate his behavior
- (A) (B) (C) (D) (E)
13. According to Freud, the superego is the portion of the psyche which is
- (A) socialized
 - (B) hedonistic
 - (C) narcissistic
 - (D) reality-oriented
 - (E) pleasure-oriented
- (A) (B) (C) (D) (E)
14. Brain waves during REM sleep generally appear as
- (A) alternating high- and low-amplitude waves
 - (B) rapid low-amplitude waves
 - (C) unevenly paced medium-amplitude waves
 - (D) slow low-amplitude waves
 - (E) slow high-amplitude waves
- (A) (B) (C) (D) (E)
15. Which of the following statements does NOT accurately describe the retina?
- (A) The rods are more dense in the fovea than in the periphery.
 - (B) The blind spot is closer to the fovea than to the edge of the retina.
 - (C) The image on the retina is upside down.
 - (D) The image is located at the back of the eye.
 - (E) The eye contains two kinds of receptors: rods and cones.
- (A) (B) (C) (D) (E)

16. Which of the following is a true statement about the relationship between test validity and test reliability?

- (A) A test can be reliable without being valid.
- (B) A test that has high content validity will have high reliability.
- (C) A test that has low content validity will have low reliability.
- (D) The higher the test's validity, the lower its reliability will be.
- (E) The validity of a test always exceeds its reliability.

(A) (B) (C) (D) (E)

17. Proactive inhibition describes a process by which

- (A) people remember digits better than words
- (B) people remember images better than words
- (C) people remember elements in pairs
- (D) prior learning interferes with subsequent learning
- (E) subsequent learning interferes with prior learning

(A) (B) (C) (D) (E)

18. Checking the coin return every time one passes a pay telephone or a vending machine is a type of behavior probably being maintained by which of the following schedules of reinforcement?

- (A) Fixed interval only
- (B) Fixed ratio only
- (C) Variable ratio only
- (D) Variable interval and fixed ratio
- (E) Fixed interval and variable ratio

(A) (B) (C) (D) (E)

19. Which of the following is the most common form of psychological disorder?

- (A) Psychotic (B) Somatoform (C) Dissociative
- (D) Psychosexual (E) Mood

(A) (B) (C) (D) (E)

20. In an approach-avoidance conflict, as the person nears the goal, the levels of attraction and aversion change in which of the following ways?

- (A) Both increase.
- (B) Both decrease.
- (C) Attraction increases and aversion decreases.
- (D) Attraction decreases and aversion increases.
- (E) Both are extinguished.

(A) (B) (C) (D) (E)

21. Which of the following kinds of therapy attempts to correct irrational beliefs that lead to psychological distress?

- (A) Behavioral (B) Cognitive (C) Existential
- (D) Gestalt (E) Psychoanalytic

(A) (B) (C) (D) (E)

22. "Give me a dozen healthy infants, well-formed, and my own specified world to bring them up in and I'll guarantee to take any one at random and train him to become any type of specialist I might select . . ."

This statement was made by

- (A) James (B) Thorndike (C) Watson
- (D) Wertheimer (E) Woodworth

(A) (B) (C) (D) (E)

23. Similarity, proximity, and familiarity are important determinants of

- (A) observational learning
- (B) friendship formation
- (C) sexual orientation
- (D) aggression
- (E) imprinting

(A) (B) (C) (D) (E)

24. A diagnosis of schizophrenia typically includes which of the following symptoms?

- (A) Delusions (B) Panic attacks (C) Hypochondriasis
- (D) Multiple personality (E) Psychosexual dysfunction

(A) (B) (C) (D) (E)

25. A young child breaks her cookie into a number of pieces and asserts that “now there is more to eat.” In Piaget’s analysis, the child’s behavior is evidence of
- (A) formal logical operations
 - (B) concrete logical operations
 - (C) conservation
 - (D) preoperational thought
 - (E) sensorimotor analysis
- (A) (B) (C) (D) (E)
26. Carl G. Jung is associated with which of the following concepts?
- (A) Inferiority complex
 - (B) Need for achievement
 - (C) Collective unconscious
 - (D) Self-esteem
 - (E) Self-actualization
- (A) (B) (C) (D) (E)
27. Which of the following types of research design is most appropriate for establishing a cause-and-effect relation between two variables?
- (A) Between subjects
 - (B) Within subjects
 - (C) Quantitative
 - (D) Experimental
 - (E) Naturalistic
- (A) (B) (C) (D) (E)
28. A neuron is said to be “polarized” when
- (A) it is in the refractory period
 - (B) it is in a resting state
 - (C) it is about to undergo an action potential
 - (D) the synaptic terminals release chemicals into the synaptic gap
 - (E) chemicals outside the cell body cross the cell membrane
- (A) (B) (C) (D) (E)

29. Making the amount of time a child can spend playing video games contingent on the amount of time the child spends practicing the piano is an illustration of
- (A) Bentham's adaptive hedonism principle
 - (B) Locke's law of association
 - (C) aversive conditioning
 - (D) classical conditioning
 - (E) operant conditioning
- (A) (B) (C) (D) (E)
30. Which of the following has been identified as correlating most closely with heart disease?
- (A) Anxiety
 - (B) Physical overexertion
 - (C) Guilt
 - (D) Muscle tension
 - (E) Hostility
- (A) (B) (C) (D) (E)
31. The term "etiology" refers to the study of which of the following aspects of an illness?
- (A) Origins and causes
 - (B) Characteristic symptoms
 - (C) Expected outcome following treatment
 - (D) Frequency of occurrence
 - (E) Level of contagiousness
- (A) (B) (C) (D) (E)
32. Erikson's and Freud's theories of personality development are most similar in that they both
- (A) emphasize the libido
 - (B) focus on adult development
 - (C) discount the importance of culture
 - (D) are based on stages
 - (E) view behavior as a continuum
- (A) (B) (C) (D) (E)

33. Higher-level cognitive processes, such as decision-making, and lower-level perceptual processes, such as color discrimination, respectively, involve primarily
- (A) features analysis and top-down processing
 - (B) perceptual set and expectancy
 - (C) bottom-up processing and expectancy
 - (D) bottom-up processing and top-down processing
 - (E) top-down processing and bottom-up processing
- (A) (B) (C) (D) (E)
34. Developmental psychologists would most likely prefer longitudinal research designs to cross-sectional research designs because longitudinal designs
- (A) usually yield results much more quickly
 - (B) offer the advantage of between-subjects comparisons
 - (C) are much less likely to be influenced by cultural changes that occur over time
 - (D) utilize the subjects as their own experimental controls
 - (E) are more valid
- (A) (B) (C) (D) (E)
35. An individual undergoing psychotherapy shows improvement due only to that person's belief in the therapy and not because of the therapy itself. This result illustrates a
- (A) transference effect
 - (B) placebo effect
 - (C) cathartic effect
 - (D) primary gain
 - (E) conditioned response
- (A) (B) (C) (D) (E)

Study Resources

To prepare for the Introductory Psychology exam, you should study the contents of at least one textbook used in introductory psychology courses at CLEP-user institutions. Visit your local college bookstore to determine which textbooks are used by the college for introductory psychology courses. When selecting a textbook, check the table of contents against the “Knowledge and Skills Required” section on pages 1-4. Since they may vary somewhat in content, approach, and emphasis, you are advised to consult more than one textbook on the major topics.

You will find it helpful to supplement your reading with books listed in the bibliographies found in most psychology textbooks. The Internet is another resource you should explore. Additional suggestions for preparing for CLEP exams are given in Chapter 1.

Answers to Sample Questions

Introductory Psychology

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|-------|-------|
| 1. E | 26. C |
| 2. C | 27. D |
| 3. C | 28. B |
| 4. D | 29. E |
| 5. E | 30. E |
| 6. B | 31. A |
| 7. D | 32. D |
| 8. A | 33. E |
| 9. C | 34. D |
| 10. C | 35. B |
| 11. B | |
| 12. E | |
| 13. A | |
| 14. B | |
| 15. A | |
| 16. A | |
| 17. D | |
| 18. C | |
| 19. E | |
| 20. A | |
| 21. B | |
| 22. C | |
| 23. B | |
| 24. A | |
| 25. D | |
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